

Weekly Drop in Programs				
<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
8:45 a.m. Tai Chi 9:00 a.m. Pool Cues 10:00 a.m. Theatre Workshop 10:00 Zumba Gold 11:00 a.m. Ageless Grace 1:00 p.m. Games 1:00 p.m. NewsTalk 2:00 p.m. Yoga: chair 4:00 p.m. Nia	9:00 a.m. Muscles & Movement 9:00 a.m. Intermediate Spanish 9:30 a.m. Beg. Bridge & Coaching 10:30 a.m. Shimmy & Strength 1:00 p.m. Bingo 1:30 p.m. Swing Band	9:00 a.m. Pool Cues 9:00 a.m. Chamber Ensemble 9:30 a.m. Drawing and Painting! Open Studio 12:00 p.m. Zumba Gold	9:00 a.m. Knitting 10:00 a.m. Beginner’s Tai Chi 10:30 Mandarin Conversation 11:00 a.m. Tong Ren 11:45 a.m. Tai Chi 1:00 p.m. Games 1:00 p.m. Yoga: chair 1:00 p.m. French Salon 2:00 p.m. Yoga: mats	9:00 a.m. Muscles & Movement 9:00 a.m. Pool Cues 10:00 a.m. Beg. French 10:30 a.m. Shimmy & Strength 12:00 p.m. Poker 1:00 p.m. Chess 1:00 p.m. Bingo
<b>SEPTEMBER/ OCTOBER 2015</b>	<b>1</b> 11:45.....Lunch Roast pork or Tuna salad sandwich 5:30-8:00.....Veteran’s Center	<b>2</b> 11:45.....Lunch Baked fish or Tortellini salad 1:00.....Movie: <i>The Theory of Everything</i> <b>No Zumba Gold today</b>	<b>3</b> <b>9:00.....Oil Painting Workshop</b> 11:45.....Lunch <i>Labor Day Special:</i> Oven fried chicken; mac and cheese; broccoli <b>12:30.....Ceramics</b>	<b>4</b> 11:45.....Lunch Tortellini w/ pesto or Garden salad w/ chicken breast
<b>7</b>  <b>NEWTON SENIOR CENTER IS CLOSED FOR LABOR DAY</b>	<b>8</b> <b>11:00.....Hearing Screening</b> 11:45.....Lunch Salmon filet or Turkey sandwich <b>1:00....Vietnam Today: through a Veteran’s Eyes</b>	<b>9</b> <b>10:45.....Beyond Balance</b> 11:45.....Lunch White bean & kale stew or Chicken salad sandwich <b>1:00.....Ventriloquism Performance</b> <b>No Zumba Gold today</b>	<b>10</b> <b>9:00.....Oil Painting Workshop</b> 9:30.....Men’s Club at Johnny’s 10:00.....Alderman Danberg 11:45.....Lunch Greek chicken or Vege chef salad <b>7:00.....Living and Aging in Newton: Lifelong Learning (at Library)</b>	<b>11</b> <b>10:30-3:30.... AARP Smart Driver Program</b> 11:45.....Lunch Beef stuffed pepper or Tuna salad sandwich <b>12:30-1:15.....Broadway Seated Dance: Demo Class</b> <b>1:00-2:30.... A Matter of Balance</b>
<b>14</b> 11:45.....Lunch Fish Florentine or Turkey sandwich <i>Monday Music w/ David Sottilaro</i> 1:00....Low Vision Group  <b>No Zumba Gold, Ageless Grace, Yoga, or Nia today</b>	<b>15</b> 11:45.....Lunch Honey mustard chicken or Roast beef sandwich <b>BIRTHDAY CELEBRATION</b> <b>1:30-3:00.....Caregiver Support Group</b>	<b>16</b> <b>10:45.....Beyond Balance</b> 11:45.....Lunch Lasagna or Curry chicken salad <b>1:00.... Book and Tea Talk</b>	<b>17</b> <b>8:45-3:30.....Newton Senior Center visits the Fruitlands Museum</b> <b>9:00.....Oil Painting Workshop</b> 11:45.....Lunch Meatloaf or Tortellini salad  <b>PRIMARY ELECTION DAY– NO FITNESS CLASSES</b>	<b>18</b> 10:00.....Book Club 11:45.....Lunch Hot dog or Seafood salad sandwich 12:00.....Dialogue with the Director <b>1:00-2:30.... A Matter of Balance</b> <b>1:30....Watercolor Workshop</b>
<b>21</b> 11:45.....Lunch Sweet potato pollock filet or Ham & cheese sandwich <i>Monday Music w/ David Sottilaro</i> <b>12:45.....Beyond Balance</b> 6:00.....Mayor’s WALK” Reception at City Hall	<b>22</b> 11:45.....Lunch Lentil stew or Chicken salad sandwich	<b>23</b> 11:45.....Lunch Broccoli and mushroom quiche or Chef salad with turkey 1:00.....Movie: <i>Still Mine</i>  <b>No Zumba Gold today</b>	<b>24</b> 10:00.....Men’s Club at Center 10:30.....Short Story Discussion 11:45.....Lunch Chicken w/ cream sauce or Seafood salad sandwich <b>12:30.....Ceramics</b>	<b>25</b> 9:00.....Alderman Norton 11:45.....Lunch Roast pork or Egg salad sandwich <b>1:00-2:30.... A Matter of Balance</b> <b>1:00-2:30...How Memory Changes with Age</b> <b>1:30....Watercolor Workshop</b>
<b>28</b> 9:00.....Beginner’s Spanish 10:30.....Parkinson’s Support 11:45.....Lunch Chicken picatta or Roast beef & cheese sandwich <i>Monday Music w/ David Sottilaro</i> <b>12:45.....Beyond Balance</b>	<b>29</b> 11:45.....Lunch Turkey & broccoli casserole or Egg salad sandwich <b>2:00.....Genealogy Class</b> <b>6:30.....PACT Dinner &amp; a Movie</b>	<b>30</b> <b>10:00-11:30.....Canasta Lesson</b> <b>10:45.....Beyond Balance</b> 11:45.....Lunch Stuffed shells w/ tomato sauce or Tuna salad sandwich	<b>1</b> 11:45.....Lunch Stuffed shells or Chef salad w/ ham <b>8:00-5:30....Newton Senior Center visits Castle in the Clouds</b> <b>12:30.....Ceramics</b>	<b>2</b> 11:45.....Lunch Potato Pollock fillet or Chicken salad sandwich <b>1:00-2:30.... A Matter of Balance</b> <b>1:00.....Facebook 101</b> <b>1:30....Watercolor Workshop</b>
<b>5</b> 9:00.....Beginner’s Spanish <b>10:00.....Farm Sprouts</b> 11:45.....Lunch Chicken lo mein or Ham & Swiss <i>Monday Music w/ David Sottilaro</i> <b>12:45.....Beyond Balance</b> 1:00....Low Vision Group 6:00-7:30.....Clutter Information Group	<b>6</b> 11:45.....Lunch <i>Autumn Harvest Special:</i> tortellini w/ butternut squash cream; broccoli <b>1:00...Peace Corps presentation</b> 5:30-8:00.....Veteran’s Center	<b>7</b> <b>10:00-11:30.....Canasta Lesson</b> <b>10:45.....Beyond Balance</b> 11:45.....Lunch Hot dog or Egg salad sandwich 1:00.....Movie: <i>St. Vincent</i>	<b>8</b> 9:30.....Men’s Club at Johnny’s 11:45.....Lunch Creole fish or Turkey sandwich <b>12:30.....Ceramics</b>	<b>9</b> 11:45.....Lunch Lentil stew or Chicken breast salad <b>1:00-2:30.... A Matter of Balance</b> <b>1:30....Watercolor Workshop</b>
<b>12</b>  <b>NEWTON SENIOR CENTER IS CLOSED FOR COLUMBUS DAY</b>	<b>13</b> <b>11:00.....Hearing Screening</b> 11:45.....Lunch Spinach & pepper frittata or Roast beef sandwich <b>1:00.....Poetry Writing (at Temple Emanuel)</b>	<b>14</b> <b>10:00-11:30.....Canasta Lesson</b> 10:00.....Alderman Danberg <b>10:45.....Beyond Balance</b> 11:45.....Lunch Meatloaf or Oriental chicken salad <b>7:00.....Living and Aging in Newton: Housing (at Library)</b>	<b>15</b> 11:45.....Lunch Ginger chicken or Seafood salad sandwich <b>12:30.....Ceramics</b>	<b>16</b> 10:00.....Book Club 11:45.....Lunch Tortellini or Chef salad w/ ham <b>1:00-2:30.... A Matter of Balance</b>
<b>19</b> 9:00.....Beginner’s Spanish 11:45.....Lunch American chop suey or Egg salad sandwich <i>Monday Music w/ David Sottilaro</i> <b>12:45.....Beyond Balance</b>	<b>20</b> 11:45.....Lunch Lemon pepper salmon or chicken pesto Ceasaer salad <b>BIRTHDAY CELEBRATION</b> <b>1:30-3:00.....Caregiver Support Group</b>	<b>21</b> <b>10:00-11:30.....Canasta Lesson</b> <b>10:45.....Beyond Balance</b> 11:45.....Lunch Lasagna or Seafood salad sandwich 1:00.....Movie: <i>American Sniper</i>	<b>22</b> 10:00....Men’s Club at Center 11:45.....Lunch White bean & kale stew or Roast beef sandwich <b>12:30.....Ceramics</b>	<b>23</b> 11:45.....Lunch Chicken marsala or Tortellini salad <b>1:00-2:30.... A Matter of Balance</b>
<b>26</b> 9:00.....Beginner’s Spanish 10:30.....Parkinson’s Support 11:45.....Lunch <i>Monday Music w/ David Sottilaro</i> Roast pork or Egg salad sandwich <b>12:45.....Beyond Balance</b>	<b>27</b> 11:45.....Lunch Macaroni & cheese or Curry chicken salad sandwich <b>12:15.....Tiger’s Loft Lunch</b> <b>6:30.....PACT Dinner &amp; a Movie</b>	<b>28</b> <b>10:00-11:30.....Canasta Lesson</b> <b>10:45.....Beyond Balance</b> 11:45.....Lunch Fish sticks or Turkey sandwich <b>1:00.....Autumn Cooking Demo</b> <b>2:00-3:30... Essential Legal Documents Talk</b>	<b>29</b> 10:30.....Short Story Discussion 11:45.....Lunch Honey mustard chicken or Vege chef salad <b>12:30.....Ceramics</b>	<b>30</b> 9:00.....Alderman Norton 11:45.....Lunch Quiche or Roast beef sandwich 12:00.....Dialogue with the Director <b>1:00.....Halloween Party and Concert</b> <b>1:00-2:30.... A Matter of Balance</b>